



Push-up Program: Advanced

This program is designed for athletes who want to improve their ability to perform high volume push-ups in workouts. The difficulty of the program can easily be modified by the athlete or coach. This template is designed to be printed so you can keep track of your progress by writing notes, reps, times, weights, etc.. Good luck!

Week 1					Week 2				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday (Test Day)	Push-ups	1 max set Rest as needed, then 50 reps	Make a note of your PR set of push ups. Rest as needed after the max set. For the 50 reps, complete this in as few sets as possible. Note the number of sets it takes you to complete.		Monday	Push-ups	10 sets of 10 unbroken reps	Rest as little as needed between sets	
	Hollow Rocks	4x30 seconds	One "rep" is one back-and-forth rock.			3-way planks	3x90 seconds	:30 front, :30 right, :30 left without rest. Rest 1-2 minutes between sets.	
Wednesday	Dumbbell Bench Presses	4x10	Heavy, but perfect reps. Elbows in, neutral grip.		Wednesday	Barbell Bench press	3x10	The goal here is to get time under tension. Loading should be moderate.	
	Strict Pull-ups	4 max rep sets	Overhand, wide grip on each set. Record your biggest set and total reps. Rest as needed between sets.			Inverted Rows	4 max rep sets	Use a barbell or rings, and prop your feet up such that they are at the same height as your hands. Rest as needed.	
Friday	Push-ups	75 reps	As few sets as possible.		Friday	Deficit Push-ups	4x15	Men should use 25 lb. plates and women should use 10 lb. plates.	
	Plank to push-ups	3x45 seconds				Plank to push-ups	3x60 seconds		

Week 3					Week 4				
Day	Movement	Rep Scheme	Remarks	Athlete Notes	Day	Movement	Rep Scheme	Remarks	Athlete Notes
Monday	Push-ups	4 max rep sets	Rest as needed between sets.		Monday	Push-ups	10 sets of 12 unbroken reps	Rest as little as needed between sets	
	Hollow Rocks	4x45 seconds	One "rep" is one back-and-forth rock.			3-way planks	3x90 seconds	:30 front, :30 right, :30 left without rest. Rest 1-2 minutes between sets.	
Wednesday	Dumbbell Overhead Press	3 max sets	Pick a dumbbell weight that can be done for 12+ reps. Rest as needed.		Wednesday	Barbell Bench press	10x3	Light and fast. This is meant to be more of recovery. Loading should be around 40-50% of your best. Rest :30-:60	
	Strict Pull-ups	4 max rep sets	Beat your biggest set and your total number of reps from week 1. Overhand and wide grip.			Ski (or Row), then upper body mobility	10 minutes, slow and steady pace	Skiing is preferable but rowing is acceptable. After the ski, do 2 mobilizations for both your chest and back.	
Friday	Push-ups	100 reps	As few sets as possible		Friday (Re-test Day)	Push-ups	1 max set Rest as needed, then 50 reps	Beat your max set and do the 50 reps in fewer sets than test day.	
	Plank to push-ups	3x60 seconds				Plank to push-ups	3x60 seconds		
	Hip extensions	3x15				Hip extensions	3x18		

Comments

Although there is some back work built into the program, you need to stretch and mobilize before and after these workouts. By week 4, there's a good chance beginners will be sore and it's important to prevent any imbalances from developing between the chest and the back. If there's tightness in your pecs and shoulders, get a good warm up and mobilize those areas.

Remember the following rules for these exercises:

1. Maintain a strong hollow-rock position.
2. Keep the shoulders externally rotated by screwing your hands into the ground or onto the barbell.
3. Send the elbows back, not out to the side.